

The Kabbalah

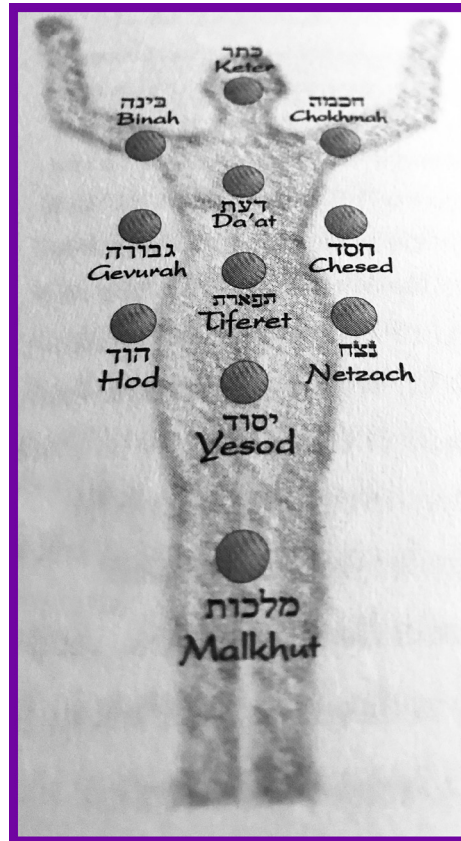
Authentic Kabbalah means ‘received knowledge.’ The earliest roots are traced to Merkava mysticism. It began to flourish in Palestine in the 1st century. It dates back to the origins of the Torah, 6th Century, BCE and the 2nd century Zohar.

It arose from the deep mystical practices from Judaism. Its aim for the individual is to attain an ever-closer relationship with God. Anyone who decides to live according to this Holy Covenant, has the opportunity to uncover the Holy Sparks hidden within all of life’s situations. By virtue of such correct conduct, we elevate these Holy sparks to their original state of holiness.

At the core of Kabbalistic belief is the premise that a person’s only true control is over their own conscious awareness. The process is one of always being aware of the possibility of EVIL. The state of Divine Unity was fractured with the fall of the Garden of Eden and Adam and Eve. We, who are here, inherited the essential task of participating actively in the work of God, in order to restore a wholeness to the world.

God designed Creation so that human beings could bring about the spiritual rectification and perfection of the world, returning it to the original state of unity that existed before The Fall. Living through the Kabbalah strengthens the individual to reject the influences of evil and its effects in every possible manner and level. Distinguishing between that which is sacred and that which is profane is the task of all human beings, and it is truly left to each person to guard his or her inner state. The Kabbalah teaches us about discernment, what to allow or reject in our personal spheres. In the world today, there are ever more subtle disguises for evil, therefore people need to exercise caution and care over the nature of their personal thoughts, emotions, words, and habits. When we choose thoughts, emotions, words, and habits that accelerate our individual spirituality, we actually infuse a redemption for the world.

The Body of God – Adam Kadmon



The Adam Kadmon is used variously to symbolize the body of God. It is a metaphor for the attributes of God in a schematic diagram and is made up of

the **Ten Sefirot**.

Malkhut representing kingship

Yesod representing foundation

Hod representing splendor

Netzach representing victory

Tiferet representing beauty

Gevurah representing truth

Chesed representing emotions

Da'at representing knowledge

Binah representing consciousness

Chokhmah representing wisdom

Keter resides above and is separate from the lower world.

Mind and Emotions of God

Forbearance in the face of insult

Patience in enduring EVIL

Pardon in order to erase the evil suffered

Identification with all humanity

Absence of anger, unless used for good action

Mercy

Eliminating vengefulness

Forgiveness

Compassion

Truth

Understanding

Assisting the fallen ones without judgement

Remember innocence

The Truths of God

God exists and is accessible

God talks

God listens

God is merciful

God is gracious

God is patient

God is abundantly kind

God is truth

God angers slowly

God stores mercy on our behalf

God bestows karma accrued by ancestors to future generations

God forgives everything

God renders us pure

The Tikkun

Kabbalah teaches that in the order of Creation, the first world was the Universe of chaos and the second was the universe of Tikkun. The Tikkun is the spiritual rectification in which our physical bodies primarily abide. Tikkun literally means 'to repair' and refers to human actions that repair the soul of the world.

The opposite of Tikkun is kilkul, which means spiritual damage, whereby the shards and Holy sparks were burst from intensity. The Tikkun is our passage to restoring these Holy sparks to their original state of unity, and this is done through our individual Divine Service. Every good deed we do, no matter how insignificant it may seem, makes a tremendous difference to the embitterment of the world at large.

Levels of Soul

In Kabbalistic literature, the phrase 'levels of soul' usually refer to the five distinct souls that are associated with the human being.

Unique Essence - Yechidah that surrounds the human being and has no direct physical relationship to the body.

Living Essence - Chayah the root of the soul that surrounds the human being but has no direct physical relationship to the body.

Breath - Neshamah resides with the human being, but exercises freedom of movement to leave and return, all depending on the human's state of being.

Spirit - Ruach resides with the human being, but exercises freedom of movement to leave and return, all depending on the human's state of being.

Soul - Nefesh resides with the human being, but is bound to it, and serves as the necessary foundation for all other higher levels of soul. It animates the physical body, is a source of natural feeling, physical drives and cravings and expresses base intelligence acquired by instinct, sensory data, memory, and genetic information stored in the physical body. The soul is the communication bridge between the Godly soul and the body. After death, it only remains with the body for three days, for the purpose of purification and inventory.



Angels



According to the Torah, every word emanating from God creates an Angel. Angels are defined as cosmic intelligences or principles, charged with certain very specific functions and responsibilities.

There is much addressed in detail about the Angel-Planet relationship. Angels, who can be charged with only one mission at a time, can operate on a multitude of levels, precisely because their energy is expressed through planets.

The planets, then can be likened to the body, with the Angel as the SOUL. The planets and stars, according to Kabbalah are instrumental in God's Divine Providence in the physical world.

Angels are regarded both as messengers of God, and, depending on the type or order of Angel, servants of God, who perform in various capacities. Kabbalah teaches that every physical think in the manifest universe is under the charge of an overseeing Angel, responsible for bringing about any necessary changes, as well as sustaining the object or creature, moment to moment, as decreed by God.

Summary

The wisdom of Kabbalah attracts people of many different faiths and background. There is so much more information, but to understand something, it is sometimes better to keep it as simple as possible.

The purpose of Kabbalah is to unite humans with their Godly self and not separate themselves from that which is higher and purer. It is never too late to remember our Divine Spark, to remember why we are here, to remember what we want to accomplish in this one small lifetime. The 'force' is out there, and the Kabbalah has found a way to communicate with this force and have it manifested through us in our daily lives.